

Boxing Combinations and Counts
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All lead hand punches are odd numbered and all rear hand punches are even numbered. Just remember that all combos listed are basic ideas. Do what works for you! Just try to keep the punches flowing and try to put your combinations together smoothly. When working the bag using combinations, remember the following: Keep moving your head, keep up your defense, move in fast, move out fast, and work the jab as your main punch. Work the jab moving in and moving out. Throw many thousands of combinations to perfect what works for you, and to learn how to mix things up. Remember to incorporate feints and traps into your combinations, as you improve. For instance, bait their jab, slip and feint a 9 to draw their guard down for a block. Move in as you feint and launch a high combination.

Counts

1,2 - Jab, Cross
3,4 - Outside hooks to the head
5,6 - Uppercuts
7,8 - Outside hooks to the body
9,10 - Straight punches to the body
11,12 - Shovel hooks to the head
13,14 - Shovel hooks to the body

Combos

1,2,3 – Jab, Cross, Outside Hook
1,1,1,2
1,2,7,3
1,6,3 - the uppercut sets up for the hook but landing it is good too!
Parry a 1,2, and immediately counter with 1,2
Block, 2,3,2 (when defending your lead side)
Slip, 1,2,1 – fast; follow with body blows – hard!
Slip and quick step in with 9,10,1,2, follow with in-fighting
Slip – while slipping, quick step into close range, and 13,14,11,12
Slip, duck, step, 7,6
Duck, step, 9,10,5,12
Step in with jab feint, then hook with same hand

Block a hook to the body, counter with shovel hook on the same side - if you block your left side, use a left shovel hook, etc

Step in while blocking with the lead hand (to jam), brawling hook with rear hand, bob and weave in the direction of your hook, stand up with a high shovel hook with lead hand